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ABSTRACT

This educational program on drugs and alcohol provides a "No-Use" message to students. The curriculum maintains that alcohol, tobacco, and illicit drugs are unhealthy and harmful, and that society's laws and values are to be respected. The lessons build students' resistance to influences that encourage drug abuse and they promote safe, healthy, and responsible attitudes while correcting mistaken beliefs and assumptions about drugs and alcohol. Lessons appear on 36 "Task Cards" which are intended to be used once a week during a traditional school year. The sequence and frequency with which these Task Cards are used, though, is at the instructor's discretion. Cards may be completed individually or in a group. Each card contains a benchmark (a one or two line goal for the lesson), a short message that the facilitator can present to the students, and an activity, all of which are age appropriate. If students work in groups, they are encouraged to create and display a team name, a pennant or banner with their team symbol, a license plate, a team motto or slogan, and a simulated 1-800 phone number. Cartoon characters with positive messages appear at the end of the publication and these can be awarded to students as incentives. (RJM)

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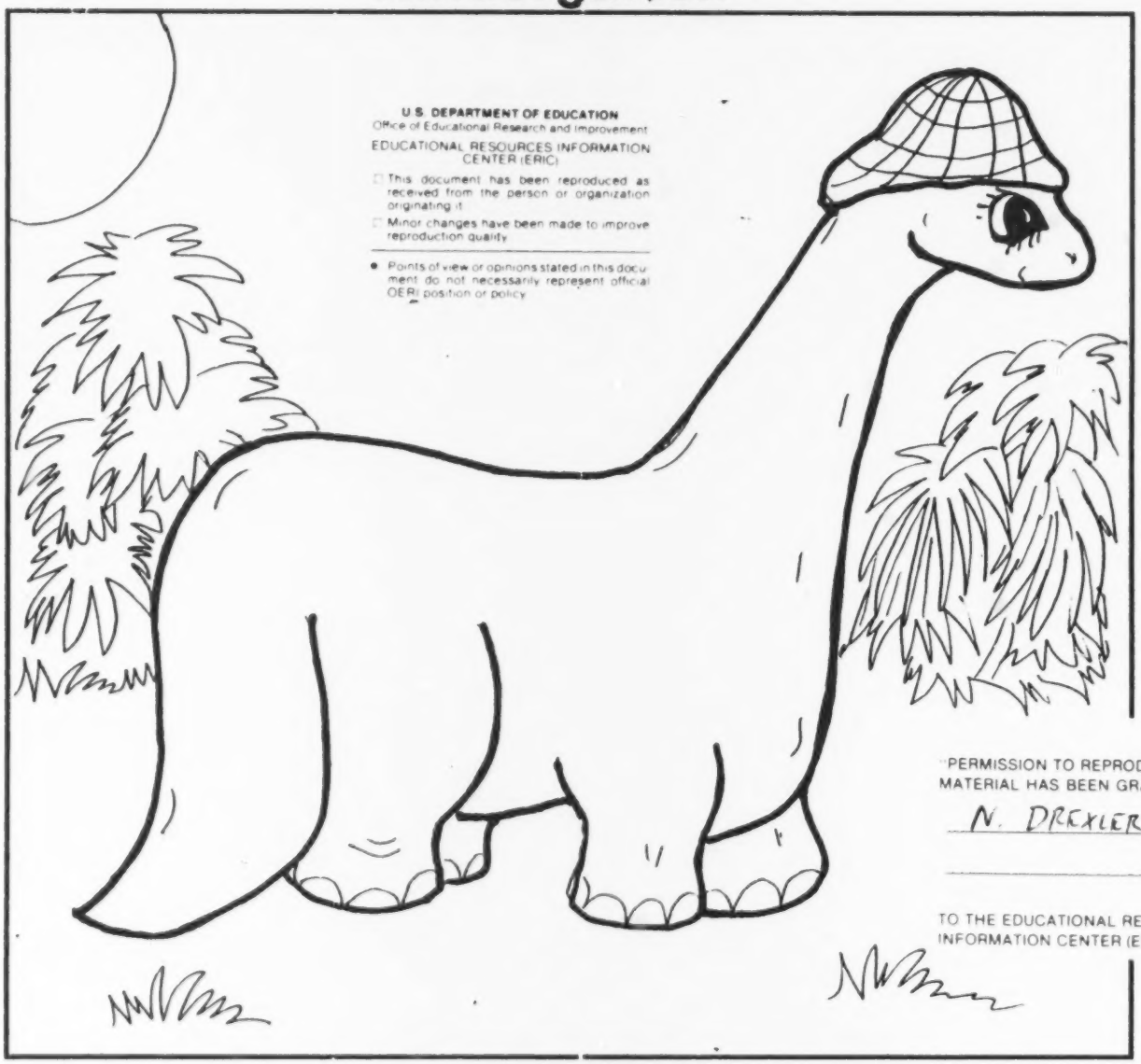
SPARKS EDUCATIONAL PROGRAMS

Smart People Act Responsibly to Keep Safe

DRUG AND ALCOHOL AWARENESS

FOR

Kindergarten



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SPARKS EDUCATIONAL PROGRAMS

Drug and Alcohol Awareness Programs

Nora L. Drexler, the author and illustrator of SPARKS EDUCATIONAL PROGRAMS, received her M. Ed. from Gannon University and has received special training in Gifted Education from the University of Connecticut. She has taught regular and gifted education in Kindergarten through grade eight in Pennsylvania. Currently she teaches Gifted Education in the Millcreek Township School District in Erie, Pennsylvania. She has participated in the Governor's Lead Teacher Program in PA. She gives national and international presentations, and teaches new trends in computer technology. She implements cooperative learning, integrated curriculums and directs educational television programs for children.

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RATIONALE

SPARKS, (Smart People Act Responsibly to Keep Safe), is a nationally marketed, educational program brought to you exclusively by Drexler Associates, Inc. The "NO-USE" message in this curricula is clear, consistent, and positively communicated throughout this material. This program spirals in a continuous progression from kindergarten through grade eight and maintains that the use of alcohol, tobacco and illicit drugs is unhealthy and harmful, and that the laws and values of our society are to be respected. This program builds resistance to influences that encourage drug abuse, promotes safe, healthy and responsible attitudes, and corrects mistaken beliefs and assumptions.

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TO THE TEACHER/FACILITATOR

The lessons on the "Task Cards" in this publication are designed for use once a week, for a traditional thirty-six week school year. However, the actual sequence or frequency of these Task Cards should be at the discretion of the prevailing instructor, counselor or group leader in charge. The Task Cards could be completed individually or used in a cooperative learning, group situation. Benchmarks can be discussed orally and the facts can be written in a student notebook.

If students are working in small groups of three or four students, they should create and display their team names, a pennant or banner with their team symbol, a license plate (Example: WE-ARE-#1), a team motto or slogan, and a simulated 1-800 phone number, (Example: 1-800 -NODRUGS).

The teacher can assign "tangible" points to the teams in the form of buttons, popcorn kernels, perler beads, etc. contained in a jar or plastic, reclosable sandwich bag, or show points listed on a chart. Points can be administered by the teacher's discretion for accuracy, cooperation, quality work, creative answers, organization, participation, effort, extra drug and alcohol information or speakers brought into the class, etc. Winning team upon conclusion of the task cards, is the one with the most points. Students delight in seeing visible progress through the containers, and competition becomes more exciting each week.

Cartoon characters, from the Creature Feature Cards at the end of this publication, can be awarded to students in any quantity, in any fashion, for any reason, at the discretion of the group facilitator.

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To the Student: About Drugs and Crime

When drugs are prescribed by doctors and used wisely, they can ease pain and suffering, help fight infection and even cure diseases. But when drugs are not supervised by a doctor, not used wisely, or used by someone other than the person for whom the drug was prescribed, they can cause pain, suffering, illness and even death. Do not experiment with any drugs, medicine, alcohol or chemicals!

Sooner or later, you will probably come in contact with people who are using illegal drugs or alcohol or, who are selling or "pushing" this habit on others. You may be tempted to try the drug because of stories you have heard, of promises made by the "pusher," just from curiousity, or because of the pressure to do whatever your friends are doing. However, drugs will NEVER help you get better grades, will NEVER make you more popular, and will NEVER solve any problems that you may have.

Drugs and alcohol can cause you a lot of pain, make you very sick and even cause death. It may seem hard for you to say "No," but it is certainly easier to refuse drugs NOW, than to try to break the habit later. Be strong in your plans to stay clean and free from drugs, alcohol and crime. Don't hang around with other kids who get into trouble with the law, or who use drugs or alcohol. Stick with friends who respect the drug-free, crime-free choice. You must learn the facts about drug and alcohol abuse, and care about your body, your mind, and your future.

Crime is everybody's business! Preventing crime is everyone's duty. All citizens in our country have the responsibility of keeping themselves safe and their community safe. You also, share in this important responsibility. Laws of your state and city, as well as the rules within your home, school and community, were designed to keep you safe and help you grow up to be the best you can be. Obey the laws. Obey the rules. Encourage your friends to respect laws, rules and property. Whenever a crime is committed, everyone pays. Taxes go up, more money is spent to fix property, or to punish criminals, or to hire more staff to help protect innocent people. Think about it. This is money that could have been routed for other purposes such as health care, research for diseases, better parks, roads, education, inventions, space travel, etc. Whenever a crime is commited, someone is injured or rights are violated. Crime hurts everyone. It takes a long time to rebuild damaged property and fix broken lives. Everyone suffers. Everyone pays the price.

You and your classmates can help. Take steps to prevent crime. Follow the rules. Report law breakers or suspicious behavior. Be respectful of those in authority. Honor police officers and those who risk their lives every day so that you and your family can have a better life, without fear of intruders, vandalism, pollution, theft, or drivers on the road who are under the influence of alcohol or drugs. Perhaps, you, too, will choose a career in law, or law enforcement, to continue to help our citizens live and grow in a crime-free, drug-free environment.

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TASK CARD # 1

BENCHMARK - The student should:

* Know that alcohol comes in many different forms, such as beer, wine, wine coolers, whiskey, vodka, scotch, bourbon, gin, brandy, etc.

Facilitator:

Let's think of all the different masks we could wear. Think of masks for Halloween or masks for school plays, etc. If this student seated here, were to put on each mask you mentioned, one at a time, would he still be the same person he is now when the masks are removed? Of course he would! Alcohol works the same way. It can be called many different names, and look different in the glass in which it is poured, but beer, whiskey, vodka, wine, wine coolers, bourbon, gin, brandy or rum are still alcoholic drinks. You may hear older people say, "Well, it's just beer", or "It's just a wine cooler", but it is like a mask that when you lift it, it is still alcohol hiding underneath.

Activity: Mask

Use a brown grocery bag or construction paper to create a clever mask. Make certain that openings are present for the eyes. Students should realize that a disguise does not change what is actually inside the costume. Have a parade wearing your masks.

TASK CARD # 2

BENCHMARK - The student should:

* Understand that many people do not realize that beer, wine or wine coolers are alcoholic beverages

Facilitator:

Many people of different ages do not think of beer, wine or wine coolers as alcohol. They think that those drinks will not harm them and that they cannot get drunk on them. What do you think could lead them to believe that? (Have had the habit for a long time, parents did it, you see it at restaurants and parties, wine is colorful and looks like juice, wine coolers are carbonated like soft drink, wine is sweet, etc.)

Activity: Collage

Tear or cut advertisements from magazines for soft drinks, juices, powdered fruit drinks, lemonade, cocoa, ice tea, etc. Display on a class collage to show fun beverage choices.

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TASK CARD # 3

BENCHMARK - The student should:

* Know that alcohol kills many brain cells

Facilitator:

Here is one ounce of water. (Show water in container). If this were alcohol and it were served to you in a cocktail, it would kill many brain cells. Cells are very tiny parts of your body that are smaller than this chalk dot on the board. Can you think of many and varied kinds of other tiny things? (Sand, termite, eyelash, speck of dust, a pin head, etc.).

Activity: Paper Dots

Sit with a partner, and using just your pencils and one sheet of paper, when I say "GO", put as many pencil-point dots on one side of that paper as you can. I will give you just two minutes to do this. Ready...."GO!"

Look how many dots you put on that paper. If those were cells inside your brain, this ounce of alcohol would have killed all of those cells. In fact, even if we put all of your papers together, this ounce of alcohol would have killed more cells than all of those dots combined!

TASK CARD # 4

BENCHMARKS - The student should:

* Know that drugs and alcohol usage is very dangerous

Facilitator:

Using a pencil or crayon and one sheet of paper, when I say "GO", show a simple picture of things that you think are dangerous. Let's see who can think of the most things. Ready...GO!"

Let's share the things we thought of. If someone says one that you picked, such as "FIRE", cross it out like this, (model the behavior) on your paper. This will save time so that we don't keep hearing the same answers over again.

Activity: Danger Chart

You have shown many things that could hurt you. Drugs and alcohol can hurt you, too. They make you very sick and harm parts inside your body that you can't even see. Drugs and alcohol hurt whole families and the friends of the users, because everyone's life is upset and turned upside down. Don't drink. Don't use drugs. You hurt yourself and everyone who cares about you.

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TASK CARD # 5

BENCHMARK - The student should:

* Know that drugs can be sniffed, injected or swallowed

Facilitator:

Drug users put drugs into their bodies in many different ways. Drugs can be rubbed into skin and then absorbed, just like this sponge. (Pour colored water onto a plain sponge). They can also be sniffed or inhaled. In this way, the drug uses your nose as a superhighway to gain entrance! Drugs can also be injected through a needle. How many of you remember getting a shot from a doctor when you were sick? Drugs from the doctor are medicines that help you. Drugs can also be swallowed in the form of pills, capsules, liquid, powder, etc. Once a bad drug enters your body, it uses your bloodstream as a river to travel everywhere in your body. Everywhere it visits on its journey, it kills body cells or injures organs along the way.

Activity: Danger Sign

Think of road sign pictures that you've seen to show danger ahead. (Falling rocks, deer crossing, slippery road, etc.) Use this paper to create a new danger sign to warn against drug or alcohol usage. Perhaps the facilitator should post a Drug-Free Zone" sign on your door.

TASK CARD # 6

BENCHMARKS - The student should:

* Know that cigarette smoke harms the smoker and may bother other people in the room with the smoker

Facilitator:

What do other friends or family members do that bother you when...you're trying to watch a good TV show? Play an inside game? Play with your toys? Play a game outside? Try to sleep? Try to eat your breakfast?

Sometimes people may not even realize that they are hurting or annoying someone else. Cigarette smokers hurt themselves by breathing chemicals that will hurt their lungs and cause many diseases. Cigarette smokers sometimes aren't allowed to smoke in public places at all, because other people would breathe their second hand smoke, and get water eyes, a burning feeling in their eyes and start coughing. Some people are allergic to smoke.

Activity: Lunchbag/ Balloon Pop

Blow up a lunch bag or balloon to show how a lung inflates when you breathe in. Poke holes in the bag, or one in the balloon, to show how lungs can no longer work when they can't fill with air. Cigarette smoke damages the lung, then the smoker can't breathe.

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TASK CARD # 7

BENCHMARKS - The student should:

* Know that each of us is precious and special because we are unique. (One of a kind)

Facilitator:

There are no two grains of sand exactly alike. There are no two snowflakes exactly alike. This makes each snowflake or grain of sand "rare". There is nothing exactly like it in the world. You are very special, too. Look at all the different sizes and shapes of children in this room. Look at the different hair colors, eye colors, hairstyles , freckles and missing front teeth! One way to show how each of us is different is by fingerprints. No two are the same.

Activity: Fingerprints

Using a black ink pad, (or a cup of water and a black, water- based marker) each student darkens only one fingertip. Partners can print each others fingerprints by rolling the inked, index finger while applying some pressure, from left to right on white paper. Notice all the different patterns. If children make several prints on a page, they can use a pencil to create animal creatures by adding feet, antennas, etc. to each print. Add hats, silly glasses, etc.

TASK CARD # 8

BENCHMARKS - The student should:

* Know that drugs and alcohol use is addictive

Facilitator:

Have you ever been doing something that was so much fun you didn't want to stop? Were you ever in the middle of a game and someone called you for dinner? Or playing in a sandbox and you had to stop making your sandcastle because it was time to leave and go somewhere else?

Drugs and alcohol usage is something that is very, very hard to stop doing. No matter how hard you try, it is very difficult to break the habit. Drugs trick your body into believing that you must have the drug and absolutely cannot live without it. This is called "addiction" or getting "hooked" on something.

Activity: Picture

Show an activity on paper that you wanted to keep doing over and over again, such as a special, exciting ride at an amusement park, or riding your bicycle. Notice that you were able to stop, because you are here right now. Drugs don't work that way. You get very sick and still keep the habit, since you can't control it. Imagine getting on a rollercoaster ride, and never, ever getting off! Think how sick you would be! That's what drug use brings...your worst nightmare!

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TASK CARD # 9

BENCHMARKS - The student should:

* Know that drugs change your physical body

Facilitator:

Drugs and alcohol change your body inside and out. Drugs hurt your heart, liver, brain, lungs, stomach, bones, skin, eyesight and all your parts. The damage done cannot be reversed. People who decide to use drugs or alcohol pay a very high price - their lives!

Activity: Clone Figures

Using large sheets of paper, partners trace each other to make huge, life size paper dolls. Color the clone's clothes the same as the wearer. Make certain that hairdos, freckles, braces, watches, earrings, etc. are accurate on the clone. Sit the lifesize figures in folding chairs or desks, on a school bus, or along the walls in a hallway to show the Drug-Free Youth of Tomorrow.

TASK CARD # 10

BENCHMARKS - The student should:

* Know that drugs and alcohol affect your mind and behavior

Facilitator:

Taking drugs or drinking alcohol will affect how a person acts. It will mess up a person's mind and then the user will not think clearly or make right decisions.

Activity: Haywire Computer

Your mind is like a perfect computer. It stays in tune, and programs your thinking to have a happy life. Can you imagine a computer going haywire? Show a crazy, wild computer that may have a short circuit. What would show on the computer screen? This shows you what happens with drug usage. Your brain is confused, panicky and not functioning correctly.

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TASK CARD # 11

BENCHMARKS - The student should:

- Know that people who give alcohol to minors are breaking the law

Facilitator:

States have laws that tell how old a person must be, before alcohol can be served to that person. Restaurants, beer distributors, grocery stores or any place where alcohol is available, must not give an alcoholic drink to someone who is under the legal age limit. They are in a lot of trouble with the law, if they do. They may have to pay a lot of money in fines, go to jail or lose their license. Even parents that serve alcohol to their underage sons and daughters face charges for serving minors. A minor is someone under the legal drinking age in your state. You are a minor.

Activity: Picture

Brainstorm all the things that would happen if there were no laws. Draw a picture of one of the rules of your group. What kinds of things could happen if you broke that rule? Why do grownups have punishments for children?

TASK CARD # 12

BENCHMARKS - The student should:

- Know that drug usage causes other problems and is connected to other diseases

Facilitator:

Cigarette smoking causes diseases of the lung. Many drug users use dirty needles to inject the drugs. Sometimes needles get used over and over again with drug addicts. This allows bad diseases that people have, to be spread to many other people. Many of these diseases are very serious. Some could cause the needle user to die.

Activity: Display

On a table, place other things that should not be shared. (Hairbrushes, toothbrush, band-aid, sandwich, cookie, etc.)

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TASK CARD # 13

BENCHMARKS - The student should:

* Know that the people who sell drugs are called "pushers"

Facilitator:

The people who sell drugs to other people are called "pushers". They may be any age. They may even be students. Sometimes they carry portable phones or walkie talkies. The "pushers" are generally not drug users themselves. They get the drugs from a supplier and then sell them on the street to make a lot of money. They use word tricks to make kids believe that drugs will work magic in their lives. They say things like, "you will get real good grades, or win at sports, or be real popular, or that the drugs will erase from your mind all your problems". None of those things are true. They will just get richer and the drug user will just get sicker.

Activity: Role Playing

There are lots of ways to earn extra money, instead of selling drugs. (Drug pushers have very serious punishments). Act out some good ways to earn a few dollars. (Walk dogs, rake leaves, shovel snow, wash the car, feed pets when owners are on vacation, etc.). Let your friends guess your idea.

TASK CARD # 14

BENCHMARKS - The student should:

* Know that buying or using alcohol if you are a minor is against the law

Facilitator:

At some time, you may have heard of someone who used a fake ID or identification, to buy alcohol. The person who used the identification card, or perhaps a driver's license that belonged to someone else, will be in a lot of trouble with the law. Also the person who gave the ID card or driver's license will be in big trouble. This breaks many laws. Persons caught drinking alcoholic beverages, if they are underage, will be punished by the law and probably by their parents. Young people think they can control themselves when they have a few drinks, but later they find out they have no control. They can hurt other people and themselves. If they are driving age, they can cause a terrible accident, whereby innocent people can die.

Activity: Friend Wanted Poster

People are judged by the company they keep. Don't hang out with other kids who are in trouble all the time. Play with other kids who value the same things you do. Fold your paper in half, and in half again. Show four things that you look for when "shopping" for a friend to play with. Would you look for a friend who likes to eat pizza? A friend who likes to color? A friend who likes football?

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TASK CARD # 15

BENCHMARKS - The student should:

* Know that drunk driving is a serious problem in our country.

Facilitator:

Driving a car or operating a bicycle is a privilege. It is a privilege given to those who can operate a vehicle in a responsible way. Drivers must obey all laws; speed zones, seat belts, turn signals, stop signs, etc. It is against the law to drive while intoxicated. Intoxicated means drunk, or having too much alcohol. A car or truck out of control causes much damage to property and can kill people. Drivers who cannot stand or walk in a straight line, or are slurring their speech, or can't see ahead of them because the room is spinning from all the alcohol in their systems, should not be driving at all.

Activity: Shoe Display

Students remove their shoes and place them neatly in pairs, arranged in several rows. Facilitator randomly makes a path through the rows of shoes to show a little less than half of the pairs. "Almost half of the people in this room, may sometime in their life experience a highway accident that is somehow connected to alcohol." We have no way of knowing exactly who, or exactly how many, but if we don't stop the alcohol abuse, some of us here or our friends in this room, may be injured or worse, because of a drunken person behind the wheel of a car. Raise your hand if you promise that you will not drink and drive. Alcohol and drug abuse is very serious. It affects many people. It is a disease.

TASK CARD # 16

BENCHMARKS - The student should:

* Know that drugs often look harmless, but actually can be very deadly if taken in the wrong doses by the wrong person

Facilitator:

Think of candies that are brightly colored. Think of some you see at holiday times (such as Halloween). Many times pills and capsules come in interesting shapes, sized and colors. That does not mean that they can be eaten as candy. They will not taste sweet like candy. They will make you very sick. If you see children younger than you are handling a bottle of pills, or a drug that comes in a bottle, such as cough syrup, take the container away immediately and get a grown-up right away. Cleaning supplies, soaps, chemicals, paints, etc. should all be kept high above the reach of small children. Cabinet locks and latches are also sold to help keep little fingers out.

Activity: Estimation

Have someone put a bag of small colorful candies in a clear jar. Have a contest to see who can guess how many candies are actually in there.

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TASK CARD # 17

BENCHMARKS - The student should:

* Know that they must learn how to so "NO", to situations where they know what the other person is suggesting is the wrong thing to do

Facilitator:

Some students find it hard to refuse, or say "NO", to something for many reasons. Maybe they are afraid, or think the child asking them to do something won't like them any more.

You need to practice saying "NO", (at the right time of course). If your parents ask you to go to bed, take a bath or pick up your toys, that isn't when you refuse. But if another child wants you to steal something, break or destroy property, cheat at a game, or do anything that you know is against the rules, you must say "NO". You can practice saying "NO" to these kinds of things. You will get braver and braver from practice. You will feel very good about yourself. You are the hero. You will be a better and stronger person.

Activity: Picture, Role Playing

Show yourself riding a bicycle or tricycle or any other toy. What rules do your friends often want you to break or forget about? Look into a mirror. Make the face that shows that you mean business and that you are not going to change your mind about breaking the rules.

TASK CARD # 18

BENCHMARKS - The student should:

* Know that the classmates or other children with whom he spends his time, are the ones who will affect his behavior

Facilitator:

You need to choose your friends carefully. If you hang around with kids who are always in trouble or break the rules, you may begin to get that reputation, too. Their ideas and actions may be something you start to copy, possibly without even realizing it. People's ideas do "rub off" on one another. Did you ever know someone who moved away for a while, but when you saw that person at a later date, they had developed an accent? Everyone tends to copy other people's way of thinking, speaking, acting or dressing.

Activity: Experiment

"One bad apple ruins the bunch." Put a rotten apple, or potato or cucumber in with others, that are clearly in a fresh state. Students check daily to see the changes in the other fruit or vegetables. Sometimes that is all it takes is one bad influence to damage all the others. Ask the students how the other foods could have been saved from the mold?

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TASK CARD # 19

BENCHMARKS - The student should:

* Understand that drugs and alcohol abuse in America costs everyone a lot of money. Innocent people are paying for the mistakes of a few.

Facilitator:

People of all ages using drugs and alcohol in our country, cost your parents a lot of money. This is money that they could have spent on you. Many police officers have to be hired just to find and catch the drug pushers, and those who give them drugs. Accidents on the highway cost insurance companies millions of dollars because of drunk drivers. Who pays for all this? Parents and grown -ups in the community pay. They have to pay higher rates on their insurance policies for their cars and to the doctors and hospitals. Just think of the things your family could do, places your family could visit, and how much more you could put into a piggy bank, if the money was not paying for the high price of crime, drugs, alcohol and violent behavior.

Activity: Scavenger Hunt in Catalog

Using any store catalog find things you would like to have, wear, or give as gifts to people you love. Someday when you are earning money and have a good job, you will be able to afford many of those things. You will have a happy life if you stay in school, do your homework, learn new things, and refuse drugs or alcohol.

TASK CARD # 20

BENCHMARKS - The student should:

* Understand that drugs can be very helpful if used in the right way, in a controlled way, by the proper person

Facilitator:

Drugs are used in hospitals and prescribed by doctors every day. These drugs are very helpful. They make sick people better. There are other drugs that are sold in many department stores, pharmacies, airports, etc. that grown-ups can buy at any time. These are called over-the-counter drugs. Children must not give drugs or medicine to themselves. Your parents or guardian know which medicines are right for you, and can read the labels to know how many pills to give and how often and to what age group. Never go into a medicine cabinet and take a drug to try to doctor yourself. Dangerous things can happen. Tell your parent, or guardian when you don't feel well.

Activity: Magazine Scavenger Hunt

Tear or cut pictures from magazines or newspapers that show over-the-counter drugs. Think of commercials that you see on TV that advertise medicines to take for headaches, muscle pain, runny nose, etc. How do you think the TV ads are a trick?

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TASK CARD # 21

BENCHMARKS - The student should:

* Know that physicians go to school and practice for many years, before becoming a doctor

Facilitator:

Doctors use drugs and medicines every day to make people better. They studied many years in special colleges. They practiced in many hospitals. They care about their patients. They use drugs to make pain more bearable, and other medicines to fight disease. Drugs are not bad, when they are given by the right professional for the right reasons.

Activity: Dr. Who? Role Playing

If you wanted to be a doctor, what kind of a doctor would you become? A foot doctor? Eye doctor? Dentist? Baby doctor? How would you like to be a doctor who fixes the world for drug and alcohol abuse? Make a name tag with your name on it as Dr. _____. Tell how you would fix up drug problems.

TASK CARD # 22

BENCHMARKS The student should:

* Understand that older people such as grandparents may have started smoking many years ago, before people realized that smoking was very hamrful

Facilitator:

Many years ago, when your parents and grandparents were much younger, no one realized that smoking was very bad for your health. Tobacco and cigarettes have been around for many, many years. In fact, even the pilgrims smoked and raised tobacco, and it was just accepted by everyone. When your relatives started smoking many years ago, it was not considered unhealthy. Now we know that smoking causes many lung problems and diseases.

Activity: Guest Speaker

Invite a senior citizen or someone's grandparent into the class to tell the group how things were different when they were young. They should tell about crime, violence, drug problems and smoking. The speaker can compare the past practices with today. Perhaps the speaker may remember the difference in the role of police officers, the kinds of laws, leisure practices and past times.

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TASK CARD # 23

BENCHMARKS - The student should:

* Understand that drug and alcohol users may become violent and steal money to pay for their drug habit

Facilitator:

People who have become addicted, or "hooked" on drugs will behave in a way that makes you feel scared. Sometimes the drugs make them angry, or crazy or make them act like an idiot. They may rob people or steal money to get enough money to buy more drugs. These people need to get help, before they hurt themselves or others. Alcohol use, or drug use may begin as just an "experiment" where the user was curious about what would happen, but as their body craves more and more drugs, they will not have the money to pay for more drugs. Then they may begin stealing money and get into even more trouble.

Activity: House Picture

Do you have a crime watch set up in your neigborhood? Perhaps some grown-ups in your neighborhood will start one. You should report any suspicious behavior to an adult right away. Clear bushes away from the house or basement windows, so there is nowhere for anyone to hide. Remind a grown -up to replace lightbulbs so that alleys, porches, or garage areas are well lit. All windows should lock from the inside. Report any unusual activity to a grown-up right away. If you are home alone, do not tell a phone caller you are alone and do not let any strangers into your house. Draw a picture of where you live.

TASK CARD # 24

BENCHMARKS - The student should:

* Understand that setting goals will help them stay on track

Facilitator:

You must set goals to work for. What kind of a person do you hope to become? What do you want as a career some day? Where do you want to live? Where do you want to travel? What school subjects do you like and want to be good at? What awards would you like to win? These are long term goals, because they take a long time to work for. You must learn to set short term goals and long term goals and stay on track.

Activity: Set Two Goals

Let's set some short term goals. Let's choose two that you want to do today. Go to bed on time? Put your toys away? Finish your dinner? .Help your mother or father with something? Don't fight over the TV channel to watch tonight? Tomorrow we will see how many people really reached their two goals by the time you went to bed this day. Then we will try it again tomorrow. You may want to change and try two different goals tomorrow.

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TASK CARD # 25

BENCHMARKS - The student should:

* Understand that the practice of chewing tobacco and pipe smoking is harmful

Facilitator:

Have you ever known anyone or seen anyone that chews tobacco? Do you know anyone who smokes a pipe? Many years ago, people smoked pipes, not only because they enjoyed the tobacco, but because it made them look very dignified and respectable. Chewing tobacco is another tobacco that is very bad for your health. It can cause mouth sores and cancerous ulcers on the lips or in the throat. Tobacco is an addictive drug. Smoking is a very difficult habit to break. The best thing to do is not to ever start.

Activity: "Time Machine", Role Playing

Back in Christopher Columbus' Day, there were wide tobacco fields everywhere, and a lot of money made for the new settlers of this country from the sale of the tobacco. No one knew they were growing a harmful product. What do you think Christopher Columbus would say today, if he came back to see the new U.S.? What do you think he would say about cars, TV, and computers? About our schools and houses? What do you think he would say about our hairdos and the way we dress? What do you think he would think of the drug and alcohol use and crime related problems? Role play the part of Columbus talking to a kindergarten student of this century.

TASK CARD # 26

BENCHMARKS - The student should:

* Understand that some students may try to use steroids to make themselves stronger or run faster

Facilitator:

Steroids are drugs used to build up your body muscle. Youngsters that want to be physically fit and strong and muscular and run as fast as they can, may unfortunately decide to take these drugs. The steroids have many side effects, which are other things that can happen to your body that you don't want to happen. Steroids cause many bad problems, and are not legal to use.

Activity: Aerobic Workout

Contact an aerobic instructor or another person that does fitness training. Do a simple workout to music. Learn ways to keep physically fit. The best way to compete in sports is to become strong and fast in a natural way without the use of chemicals and drugs. They you will be fit for life. Children should bring in and share various sports equipment, awards, trophies, certificates that they have earned.

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TASK CARD # 27

BENCHMARKS - The student should:

* Know not to take other people's medicines, either prescription or over-the-counter

Facilitator:

There are some things that belong to other people that you should not borrow or use. An example would be a toothbrush, or a drinking glass. Medicines are something you never borrow or try. Medicines in a prescription bottle are for only that person. The doctor knows that patient very well. The doctor knows how much medicine that person can handle for this height or weight. The doctor knows what medicines the patient is allergic to. If you were to take the drug meant for another person, you could become very sick and possible even die. Even over-the-counter medicines for colds, fever, etc. need to be given by your parents. There are certain amounts you would need to take for your height and weight, and your parents would know how often you can have the medicine.

Activity: Personal Property Drawing

Draw things of yours that you do not want other people to use or borrow. If someone asks us not to touch something of theirs, we must respect their rights also.

TASK CARD # 28

BENCHMARKS - The student should:

* Learn that those people who use steroids in competitive sports, run the risk of being removed from the team and having any trophies or medals taken away

Facilitator:

How many of you watch sports on TV? Have you ever watched the Olympic games? Those athletes train very hard and work for many years to get to the top. They had to balance their lives, their homework and their training. They were serious about their goal and worked hard to get there. Sometimes people don't play fairly. They cheat to get an edge on the other players by taking steroids to make them stronger. Steroid use is not allowed. It is not legal. Athletes are tested and if steroids use is found, they are thrown off the team. They and their families are embarrassed and disappointed. Rules are for everyone. It would not be fair for someone to win who did not work hard and follow the rules.

Activity: Design a Medal

Design a medal for being drug and alcohol free. Think of a shape first. Draw the shape. Cut out your design. Decorate it with glitter, etc. to make it special. You're worth it. Use yarn to hang around the neck. Perhaps it could be a red, white and blue medal, the colors in our country's flag.

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TASK CARD # 29

BENCHMARKS - The student should:

* Understand the various jobs available in law enforcement, and the particular role of an officer working in the narcotics division

Facilitator:

Today we have invited Officer _____ to tell us about his job and other kinds of jobs connected with the law and drug and alcohol abuse. (FBI, Parole Officers, Attorneys, Judges, Undercover Agents). Officer should share facts about his uniform, weapons, police car, training, use of computer technology, hours, dangers, etc. I have cut out a giant key which we have all signed. We will present the key the classroom to Officer _____ at the end of his talk.

Activity: Guest Speaker

Today we are going to make a bookjacket. Fold this paper in half, so that it opens like a book. On the cover, draw a picture of our police officer as though it were a cover of a book. Try to make your picture look as much like the officer as possible. Where is his badge? Does he wear glasses? Inside the cover, draw a picture of three things that he told you today that you never knew before and that you thought were very interesting. Raise your hands if you might be interested in becoming a police officer someday. Tell us why.

TASK CARD # 30

BENCHMARKS - This student should:

* Use role playing and creativity to be able to convey a drug-free message to others

Facilitator:

Here we have a large cardboard box with the hole cut out of the front like a TV screen. Today you and a partner are going to be co-anchor newscasters on this television to tell all the children why they should not use drugs, or alcohol. Tell them some of the things you have learned about what happens if you use drugs or drink alcoholic beverages. We'll give you a few minutes to think of what you want to say. Perhaps there is something handy in your desk that could be the "microphone".

Activity: Skit, Commercial

Students perform an interview or short skit with warnings about drugs and alcohol. Some may want to try a fake "commercial".

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TASK CARD # 31

BENCHMARKS - The student should:

* Be able to refer to "alternative" things that provide a "high" in a safe and exciting way

Facilitator:

I have pre-cut paper "T-shirt" patterns from large construction paper. When you receive your pattern you are going to put your name on it and show us all the things that give you a "high" feeling. Make your drawing large enough to see and don't leave very much empty space on the front.

Activity: Paper "T"-Shirts

Students create their drug-free T-shirts and facilitator writes "I am a SPARK to others!", "I am drug-free" on each one in marker. String a clothesline high above children's head. Clothespin each shirt to the line. It will show who the drug-free students are and the things they prefer to do instead of taking drugs.

TASK CARD # 32

BENCHMARKS - The student should:

* Know that they need to be cohesive and stick together in their fight against drug and alcohol abuse

Facilitator:

I am going to ask you questions for a survey. Everyone has a paper numbered 1 - 8. Beside # 1 Draw your favorite animal. Beside # 2 Draw your favorite sport. Beside # 3 draw your favorite food. Beside # 4 draw your favorite hobby. Beside # 5 color your favorite color. Beside # 6 draw a clue to your favorite holiday. Beside # 7 draw your favorite playground activity. Beside # 8 draw a smile face if you want to stay drug-free.

Activity: Survey, Personality Inventory

Students share answers one at a time. Every time they have an answer that matches anyone, they circle it with a crayon. There should be many circles on the whole paper for each child, showing they have lots of things in common with different members of the group. There should be many smile faces showing intent to keep drug-free. When they realize they all want the same goal, they should feel stronger, more cohesive and more of a team.

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TASK CARD # 33

BENCHMARKS - The student should:

* Know that drugs may be called by many names such, as marijuana is also called grass, hay, pot and weed

Facilitator:

Marijauna is a drug that is smoked. It also has other names, such as "grass, hay, pot and weed". Some of you have other names, or nicknames. What other names do you go by?

People who smoke marijuana may possibly become addicted, or "hooked " on stronger drugs. Marijuana is a tall plant that has been grown in India for thousands of years. It can grow to heights of more than 5 feet. Today it grown in mild climates such as Africa, India, Mexico, the Middle East and the U.S.

Activity: Experiment

Use a tape measure and measure 5 feet from the floor up the wall. Mark the measurement with masking tape. Stand under the measurement. The plant is taller than you. Find India on the map.

TASK CARD # 34

BENCHMARKS - The student should:

* Understand that living things need to be cared for, and not abused

Facilitator:

Do any of you have plants in your house? What do plants need to survive? They need light, food and water. They also need a special gas from the air that we give them every time we breathe out, or exhale. Some people even say that plants grow faster if they have music playing or if they "talk" to them. People need care, too. Children are not able to completely care for themselves at a young age, and they must be fed, clothed, kept warm, taught many skills and given medical care when needed. Children need to get exercise, love and medical attention. Pets have these needs, too.

Activity: "Paws and Claws for the Cause"

In order to prepare for a Pet Parade in conjunction with the police department in your city (See Activity # 35), invite a pet store owner to come in and talk to students about pet care, food, nutrition, exercise, medical attention, pet allergies, children's allergies, and getting the right pet for the right owner.

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TASK CARD # 35

BENCHMARKS - The student should:

* Understand that drug-free activities do not have to cost anything
* See that the community supports drug-free and alcohol-free students and activities
* See the police officer in a different environment or role, since the officer(s) are acting as judges in the Pet Parade
* Understand the need to respect all living things which includes the nonabuse of animals and nonabuse of their own bodies, which includes the refusal to use drugs or alcohol

Facilitator:

The Pet Parade will be on the date posted for the two hours (or whatever) it is scheduled. It will be held at _____. This is a contest for children and their pets, whereby both you and the pet have a costume. You will come as some "Famous Pair". We can call it a contest for "Dynamic Duos". Be sure your pet is safely contained in a cage or on a leash, so it won't be injured. Try to think of famous people, or animals, or cartoon characters that go together, such as Tweety Bird and Sylvester, Garfield and Odie, Snoopy and Peanuts. Decide who you will be and who your pet will be. You should not have to buy anything to create the costume. Use material, hats, paper, accessories that you may have in your attic, garage, or basement. Someone who has a camera can take pictures. We will notify the newspapers and TV stations about this fun, drug-free activity, so that perhaps they will cover this event. It will look a lot like Halloween.

Activity: "Paws and Claws for the Cause"

At the actual pet parade, officers act as judges using their own creative point system. Winner and runner-up should get a certificate, but all participants should receive a certificate that says "Congratulations! You have chosen a drug free activity. We're proud that you participated today!" Certificates should be signed by appropriate people, store owner, facilitator, Police Chief, etc.

TASK CARD # 36

BENCHMARKS - The student should:

* Review the facts taught at this grade level

Facilitator:

(Facilitator uses the benchmarks on each task card.) "I am going to read a sentence. You must decide if it is true or not." (Keep some true. Make some false when you read them).

Activity:

If you think what I said is completely true, show "thumbs up". If it is not true, show "thumbs down". I will tell you the correct answer after I see all the thumb choices are showing.

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SCRAPBOOK

Duplicate many for student use.

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DEW DROP

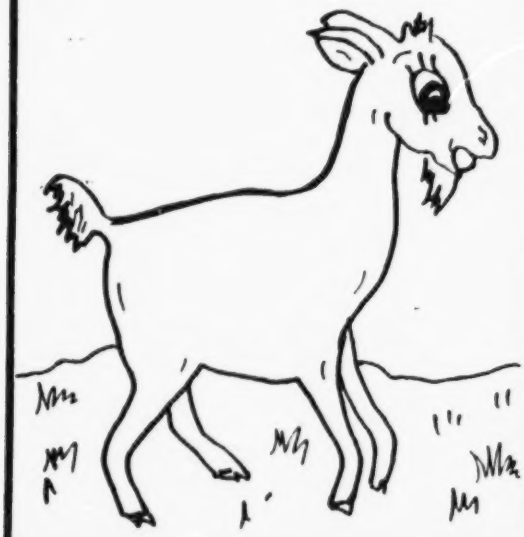
Do drop in for some drug-free fun.

JUSTIN CASE

Just in case I haven't told you,
you're special.

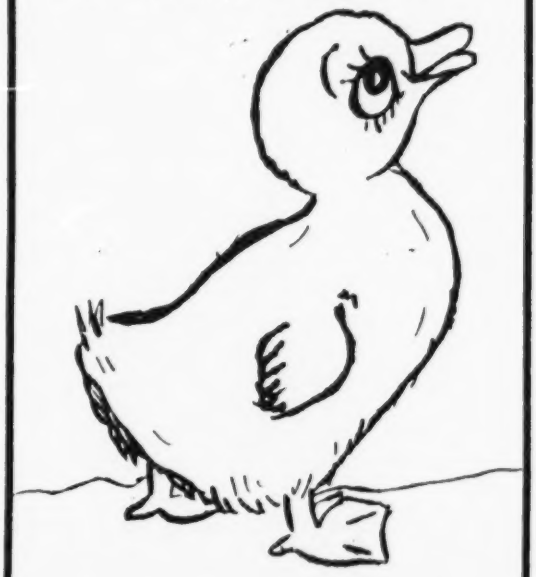
PAUL LIGHT

Polite kids, great kids are drug-free.



SUE PEER

Superior group here of drugless kids!



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EGGS ACT

Exactly right! Alcohol can hurt you.

TOAD OLLIE

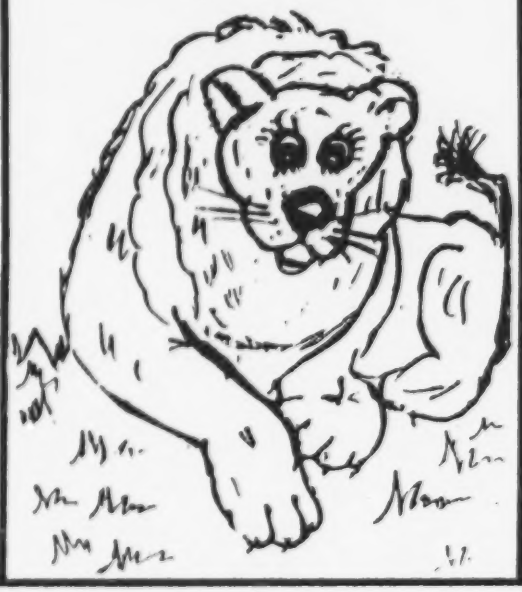
Totally drug-free. That's me!

RICH N. FAME

Rich and famous! What a great drug-free life you'll have.

JOE KING

Joking I'm not, when I say drugs hurt you.



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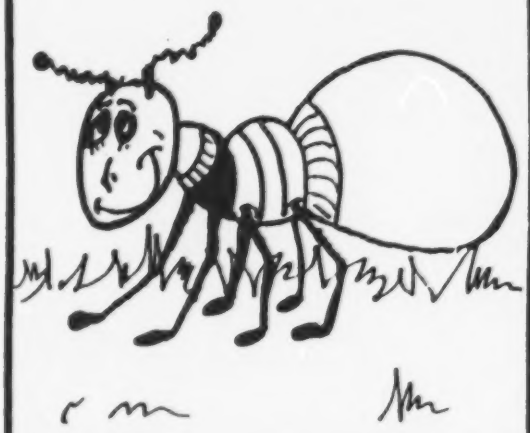
BEA LONG
Belong to a drug-free youth group.

CARRIE GOOD
Carry good goals for a drug-free life.

BILL TON
Built on a drug-free 21st Century.



SUMMER SAULTS
Somersaults and cartwheels!
Celebrate drug-free!

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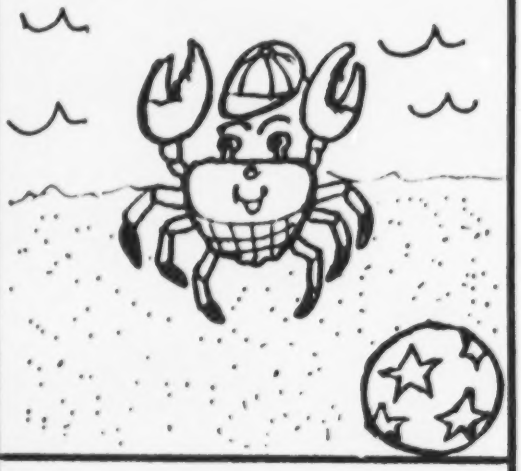
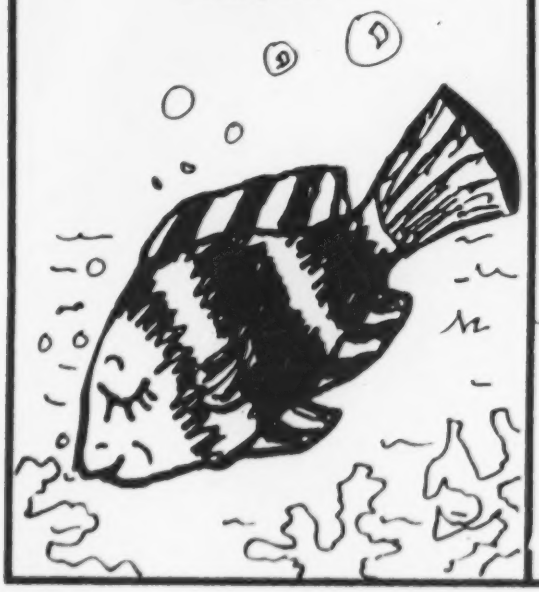
MARK KING
Marking my notebood that your life is drug-free.

TACO LOT
Talk a lot about saying "NO" to drugs.



ANN OUNCE
Announce to the world that you are drug-free.



ANITA HUE
Ah' needa you and you need-a me. We're drug-free.

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TOM MORROW

Tomorrow is the first day of your drug-free life!

CANDY KIDS

Can de' kids stay drug and alcohol free?

ANN DEL

Handle stress without drugs.

ANN DEACH

And each of you promise not to dring beer or wine.

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O. BAY

Obey all laws. Do not drink or smoke.

SAL HOOT

Salute drug-free groups!

MAY KING

Making drug-free friends today.

FANNY BODY

If anybody hasn't heard, wine coolers are alcohol.

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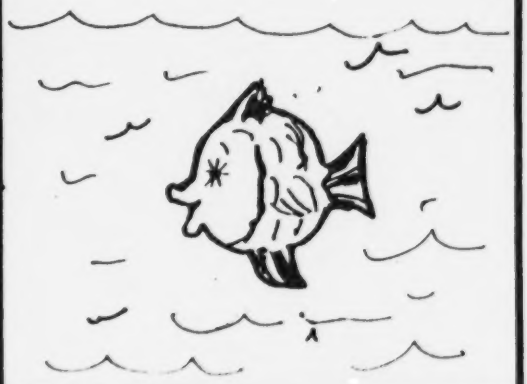
MEL ODIES

Melodies and songs sing about drug-free kids!

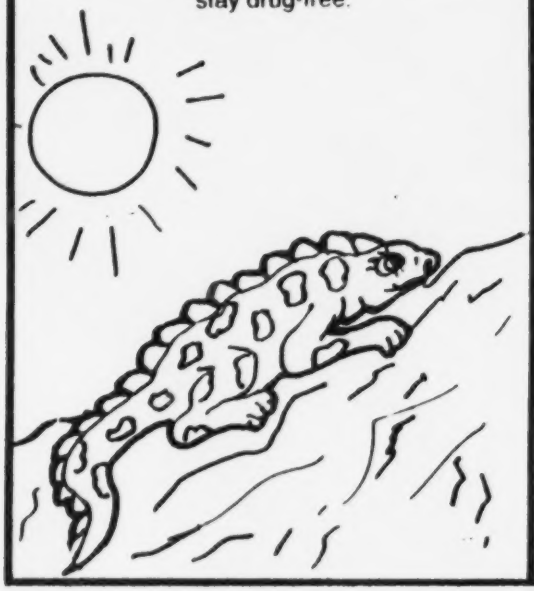
SARA PERSON

Is there a person out there who wants drunk driving to stop?



ADAM UP

Add 'em up! All the reasons you should stay drug-free.



AIDA BANANA

Ate a banana, but drugs are no monkey business!

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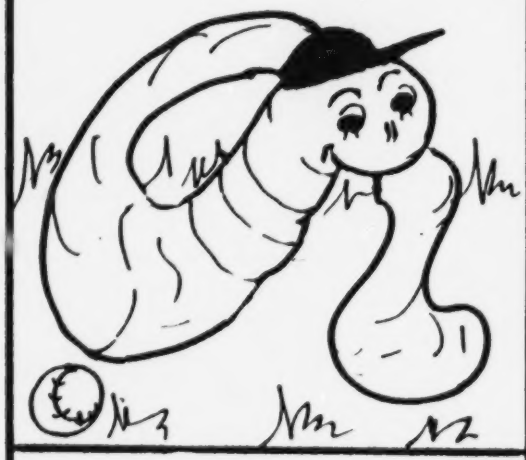
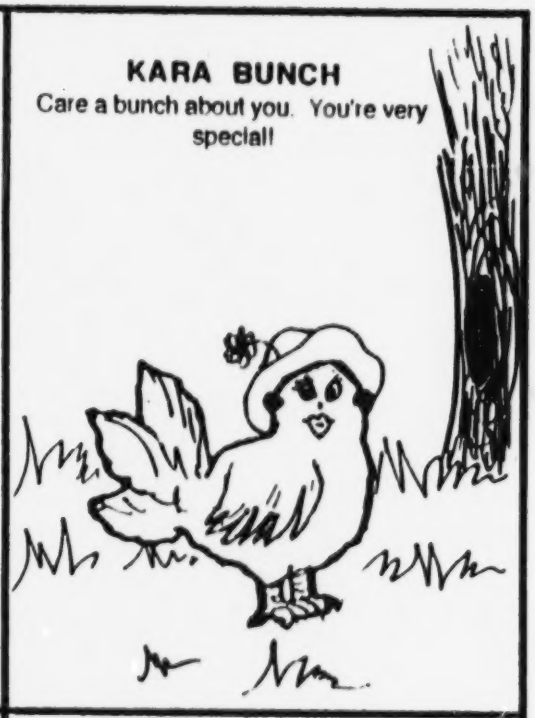
DUDES R. COOL

Dudes are cool who say NO to drugs.



KARA BUNCH

Care a bunch about you. You're very special!



ALMA LOVE

All my love is for kids who fight the War on Drugs.

WILLIAM MIND

Will you mind if I'm your drug-free friend?

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CHOCO LIT

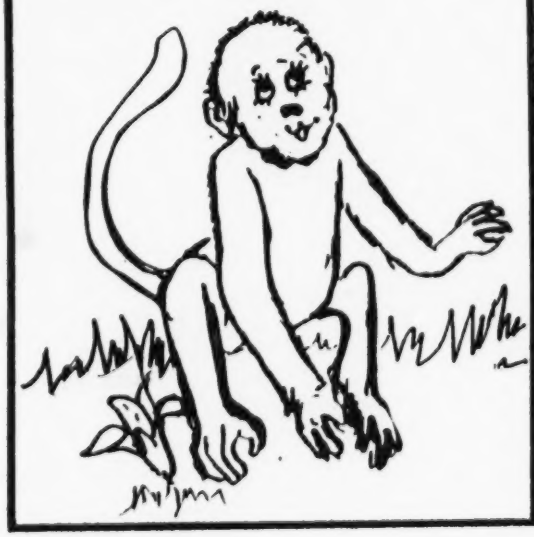
Chocolate, movies, games, bicycles...are better ways to get "high".

BRANDON EWE

Brandin' you a drug-free citizen.

BEN AWAY

Been away awhile, but now I'm back to stop drug abuse.



PAT TROLL

Patrol your life and keep drugs out!

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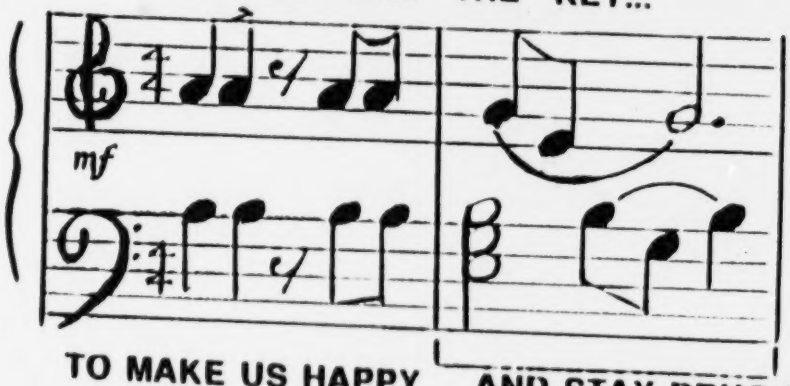
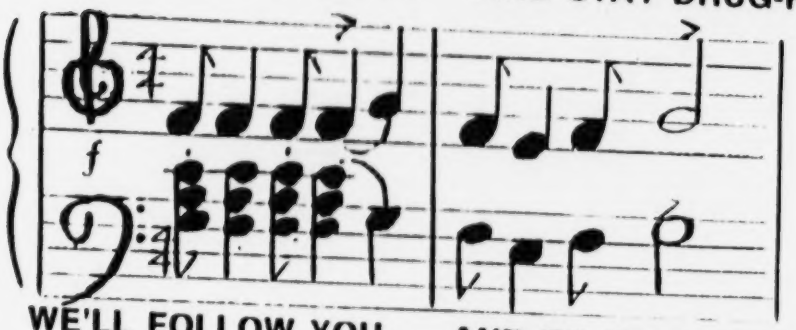
Andante

THEME SONG

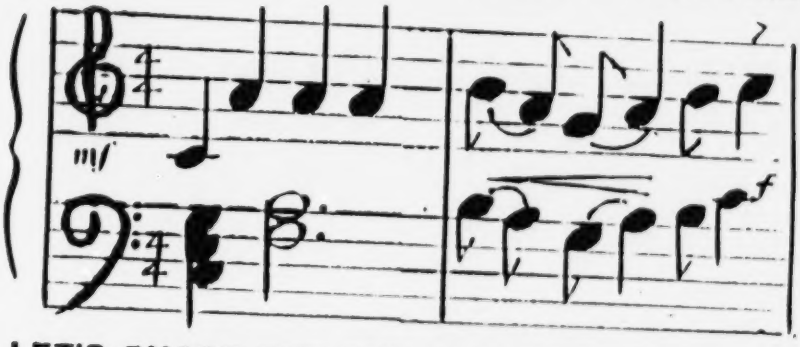
SPARKS ARE THE KEY...



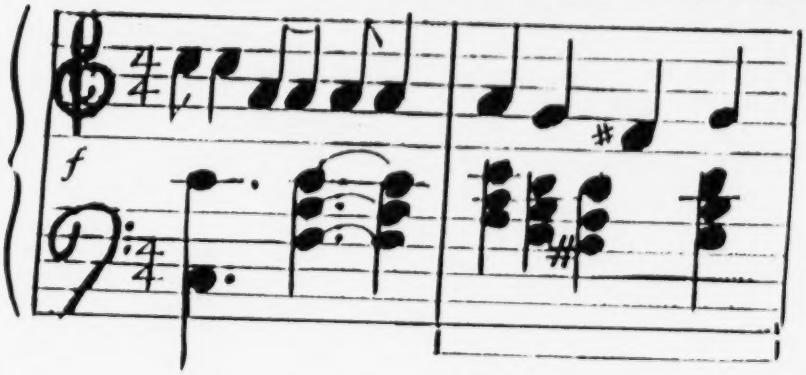
TO MAKE US HAPPY AND STAY DRUG-FREE!



WE'LL FOLLOW YOU AND BE YOUR FRIEND,



LET'S CHASE THE SUN AND FIND THE RAINBOW'S END!



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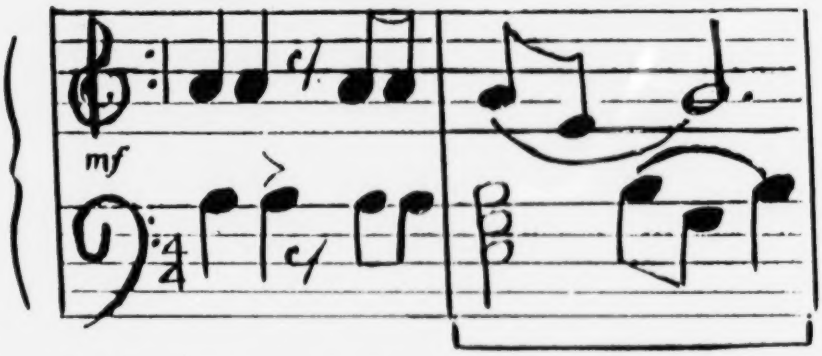
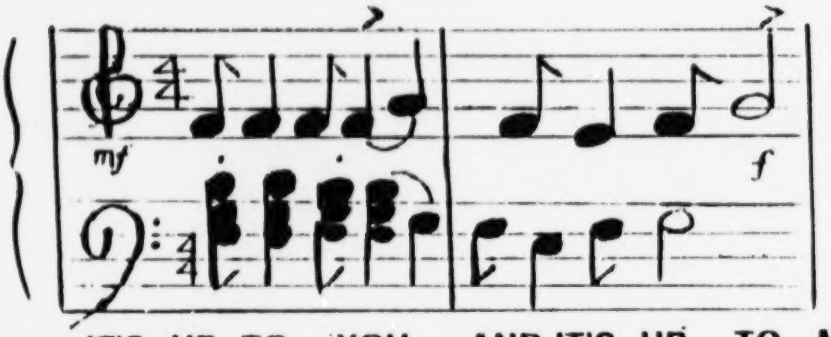
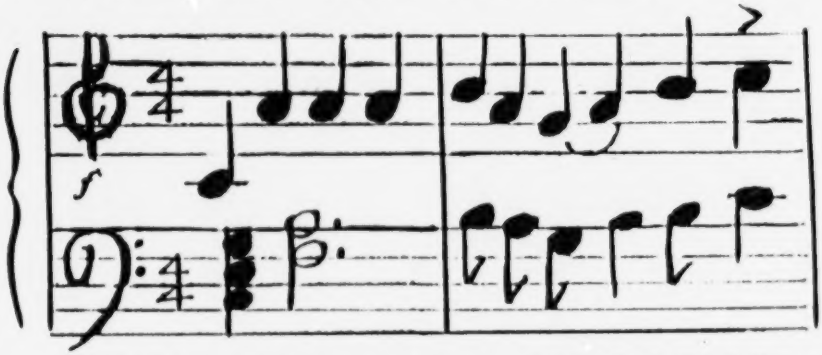
SPARKS UNDER STAND...



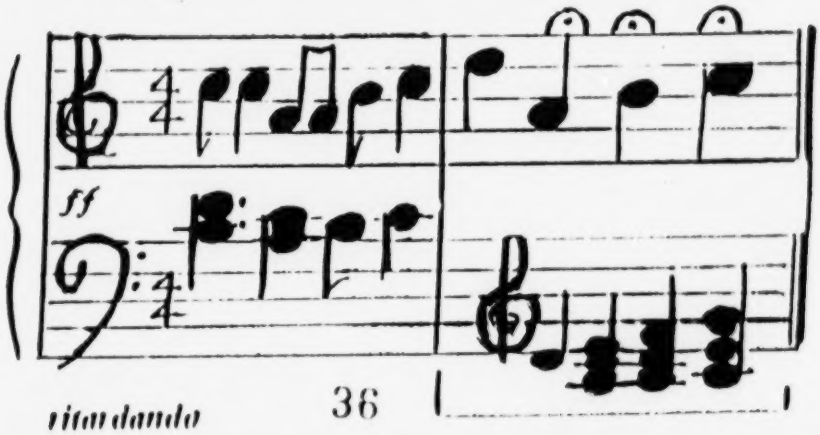
SO TAKE OUR HAND AS WE CROSS THIS LAND...



IT'S UP TO YOU AND IT'S UP TO ME...



TO MAKE THIS WORLD A BETTER PLACE TO BE!



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SPARKS DRUG AND ALCOHOL AWARENESS TEST FOR KINDERGARTEN

ANSWER KEY

FACILITATOR READS. STUDENT CIRCLES ANSWER ON SMILE/FROWN SHEET.

TRUE	1.	Beer is alcohol.
TRUE	2.	Wine is alcohol.
TRUE	3.	Whiskey is alcohol.
FALSE	4.	Wine coolers are not alcohol. **THEY ARE**
TRUE	5.	Alcohol stops your brain from working correctly.
TRUE	6.	Cigarettes harm the smoker.
FALSE	7.	Cigarette smoke does not harm anyone else in the room breathing the smoke. **IT DOES**
TRUE	8.	The user can get "hooked" on drugs and alcohol.
TRUE	9.	Drugs and alcohol cause changes in your body.
TRUE	10.	Drugs and alcohol make you behave and think differently.
FALSE	11.	Grown-ups are allowed to give alcohol to young people who are under the legal drinking age. **THEY ARE NOT ALLOWED**
TRUE	12.	Using drugs and alcohol can cause many other diseases.
TRUE	13.	A minor is someone who is under the legal age to do something.
FALSE	14.	Driving drunk is not a problem in the United States. **IT IS**
FALSE	15.	It's OK to take medicine that a doctor ordered for someone else. **IT IS NOT OK**
FALSE	16.	It's OK to help yourself to medicines in the medicine cabinet. **IT IS NOT OK**
TRUE	17.	Don't hang around with other kids who are in trouble all the time, and who break the law.

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TRUE	18.	You have the right to say "NO" to things you know are wrong, dangerous, and unhealthy.
TRUE	19.	Medicines are drugs given by doctors in a controlled, safe way to make people better, take away pain or cure diseases.
TRUE	20.	Those who use the Gateway Drugs of tobacco, alcohol and marijuana will probably go on to use more dangerous drugs.
FALSE	21.	Chewing tobacco and pipe smoking are not harmful at all. **THEY ARE**
TRUE	22.	Steroid users will be removed from team sports and can lose their title, awards and trophies.
TRUE	23.	Pushers are people who sell drugs, and you should report any strange or suspicious behavior to a grown-up immediately.
TRUE	24.	You must be firm when you say "NO" to drugs, and your face must show that you mean it.
TRUE	25.	Marijuana is a drug that is smoked, and is also called pot, grass, hay or weed.

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SPARKS DRUG AND ALCOHOL AWARENESS TEST FOR KINDERGARTEN

FACILITATOR READS. STUDENT CIRCLES ANSWER ON SMILE/FROWN SHEET.

1. Beer is alcohol.
2. Wine is alcohol.
3. Whiskey is alcohol.
4. Wine coolers are not alcohol.
5. Alcohol stops your brain from working correctly.
6. Cigarettes harm the smoker.
7. Cigarette smoke does not harm anyone else in the room breathing the smoke.
8. The user can get "hooked" on drugs and alcohol.
9. Drugs and alcohol cause changes in your body.
10. Drugs and alcohol make you behave and think differently.
11. Grown-ups are allowed to give alcohol to young people who are under the legal drinking age.
12. Using drugs and alcohol can cause many other diseases.
13. A minor is someone who is under the legal age to do something.
14. Driving drunk is not a problem in the United States.
15. It's OK to take medicine that a doctor ordered for someone else.
16. It's OK to help yourself to medicines in the medicine cabinet.
17. Don't hang around with other kids who are in trouble all the time, and who break the law.
18. You have the right to say "NO" to things you know are wrong, dangerous, and unhealthy.

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19. Medicines are drugs given by doctors in a controlled, safe way to make people better, take away pain or cure diseases.

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23. Pushers are people who sell drugs, and you should report any strange or suspicious behavior to a grown-up immediately.

24. You must be firm when you say "NO" to drugs, and your face must show that you mean it.

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SPARKS DRUG AND ALCOHOL AWARENESS TEST FOR KINDERGARTEN

NAME_____ DATE_____

HAVE STUDENT CIRCLE OR COLOR THE SMILE FACE FOR YES IF THEY THINK THE SENTENCE IS TRUE AND THE FROWN FACE FOR NO IF THEY FEEL IT IS NOT TRUE.

1. YES NO
2. YES NO
3. YES NO
4. YES NO
5. YES NO
6. YES NO
7. YES NO
8. YES NO
9. YES NO
10. YES NO
11. YES NO
12. YES NO
13. YES NO
14. YES NO
15. YES NO
16. YES NO
17. YES NO
18. YES NO
19. YES NO
20. YES NO
21. YES NO
22. YES NO
23. YES NO
24. YES NO
25. YES NO

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